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# Jets' Pavelec gets DUI: Reports

**Statement.** NHL team has little info on incident involving top goalie

DAVID BAXTER  
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Media are reporting that Winnipeg Jets goaltender Ondrej Pavelec has been charged with a DUI in his native Czech Republic.

Officials with the Jets released the following statement Monday: "At this time, True North Sports and Entertainment and the Winnipeg Jets Hockey Club are aware of various, yet still inconsistent, Internet reports pertaining to Ondrej Pavelec. We, as an organization, are attempting to gather more information and until such time as we are comfortable and have a full understanding of the situation, we will not be issuing any further comment."

Czech website Nova Sport said Pavelec was driving his BMW M6 on May 26 when he allegedly rear-ended another car at an intersection. There were no injuries.

The Jets recently signed Pavelec to a five-year, \$19.5-million US contract.

Last year, Jets defenceman Dustin Byfuglien was charged with boating while intoxicated after he was arrested at Lake Minnetonka, Minn. He has pleaded not guilty.



Ondrej Pavelec had a blood-alcohol level of 0.2 while driving, according to media reports. TREVOR HAGAN/THE CANADIAN PRESS

**Stringing together a guitar's story**

Custom-guitar maker will sell his one-of-a-kind instruments on Wolseley Street PAGE 4

**Magnotta defence may call on lawyer**

Attorney who says suspect in body-parts killing made allegations of being abused and forced to have sex with animals may be called as a witness PAGE 5

**Hummus with a twist**

Add white beans and artichoke PAGE 12

**Bombers take a bruising**

More than a dozen players injured, including quarterback Buck Pierce PAGE 17



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#### Complainant testifies

### Manitoba judge's husband directed man to porn site, inquiry hears

A man who says he was harassed by a Manitoba judge faced accusations Monday that he is no innocent victim, but rather someone who is interested in sexual dalliances and who has a history of suing people.

Alexander Chapman was the first witness to testify at an inquiry into Lori Douglas, a Court of Queen's Bench justice whose sexually explicit photos wound up on a website devoted to rough, interracial sex.

"You knew it was a hard-core sex site ... for interracial sex," said independent counsel Kirsten Crain. "You went to it. Why in the world would you have done that?" she asked Chapman.

"I didn't know that at the time," he responded.

Crain said: "I put it to you, sir, that you went to that site and you were interested."

The inquiry by the Canadian Judicial Council is examining a complaint filed by Chapman in 2010. He alleges he had been the target of a strange sexual plan by Douglas and her husband, Jack King, seven years earlier. At the time, King was Chapman's divorce lawyer and Douglas was a lawyer at the same firm as her husband.

Chapman, who is black, alleges he was approached by King to have sex with Douglas, and was directed to Dark Cavern, a website dedicated to sex between black men and white women. He testified that the sexual innuendo started just as his divorce was being settled in 2003. King and Douglas have said all along that King was acting without Douglas's knowledge — that he uploaded photos and approached Chapman for sex without any consent from his wife. **THE CANADIAN PRESS**



### Stabbing on Aberdeen

Winnipeg police investigate the area around a home where a man was stabbed at a house party early Monday morning. The 29-year-old man allegedly got into a fight with two other males at 408 Aberdeen Ave. and was stabbed in the upper body. He was taken to hospital where he is listed in stable condition. Two male suspects have been taken into police custody and are facing charges. **SHANE GIBSON/METRO**

## Landing on her feet. Pup tossed from van now up for adoption

A dog that survived being thrown out of a vehicle in Winnipeg's West End is now looking for a new home.

The pup, dubbed Mandy, was rescued after being discarded from a van on Valour Road last week. A witness said Mandy did two full cartwheels in the air before hitting the ground. After receiving care at the Animal Services Agency, Mandy is now up for adoption.

A similar situation occurred last June when another dog, named Rayne, was discovered thrown out in a dumpster. Animal Services nursed Rayne back to health and the pup has since



Mandy is now up for adoption. **CONTRIBUTED**

been adopted out to a home in River Heights.

Animal Services currently has 27 dogs up for adoption. For more information go to [winnipeg.ca/animalservices](http://winnipeg.ca/animalservices). **METRO**

# Charges to be laid in crash that closed Portage Avenue

### Top-speed collision. Driver of stricken car has stabilized in hospital

**SHANE GIBSON AND ELISHA DACEY**  
[winnipeg@metronews.ca](mailto:winnipeg@metronews.ca)

Charges are in store after a major crash that closed Portage Avenue in both directions Sunday morning.

Winnipeg police said the driver of a rented GMC Acadia was speeding down Portage Avenue — at times reaching more than 110 kilometres/hour — and slammed into a green Honda Accord stopped at a red light at Berry Street at 8:45 a.m.

"Some individuals make the unfortunate decision to drive at speeds like this ... and we know the devastating effects that can have," said

police spokesperson Const. Jason Michalyshen Monday. "We certainly have some concerns with regards to the actions of this individual."

The Accord was flipped over onto its side and landed on the lawn of an apartment building on the south side of Portage Avenue. The Acadia came to rest near Kings skateboard shop on the north side of Portage.

First responders were on the scene immediately as the crash happened only footsteps from a fire-paramedic station on Berry Street. The drivers were taken to two different Winnipeg hospitals.

The driver of the GMC Acadia, 21, and a 17-year-old male occupant suffered minor injuries. The driver of the Honda Accord, 42, is in hospital in serious but stable condition.

"Thankfully (the driver of the Honda) has stabilized, but



The driver of this rented GMC Acadia faces charges after a collision with a Honda Accord on Portage Avenue Sunday. **ELISHA DACEY/METRO**

his injuries were considered serious at the time," said Michalyshen.

The weather was rainy and streets were slick Sunday morning. Police said two charges of dangerous operation of a motor vehicle caus-

ing bodily harm are pending against the 21-year-old driver, who is originally from Alberta but currently resides in Winnipeg.

Winnipeg police were on the scene for several hours. The investigation continues.

# 1

NEWS

On the web

### How not to steal laughs at the pump

A cartoon presented by Enbridge at a conference had critics wondering if the company was trying to single out certain Persian Gulf countries as unethical oil sources compared to Alberta. Click on [metronews.ca](http://metronews.ca) to read the energy giant's explanation of a scowling gas pump.

Mobile news



Revellers lavishly dressed as various mythological Hindu deities took part in the Bonalu festival in Hyderabad, India. Scan the code to view the gallery of colourful costumes.

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## Goldies Fries. Truck back after smash-up

Goldies Fries is back on wheels in Old Market Square.

"I'm back doing what I love to do," said owner Darryl Leiman, "and that is operating a full kitchen in a truck."

Leiman was out of business in 2010 after an accident left his truck unrepairable.

For the past two years, Leiman has been working part-time as a bus driver and operating a hotdog cart to make enough money to get a new truck and restart his business.

"I didn't want to leave my customers," he said about working the hotdog cart. "I wanted to let them know that I'm still around."

During the summer Goldies Fries can usually be found in or around Old Market Square, but Leiman said the best part of having a food truck means he can work for a longer season.

"When it starts to get a little

### On the menu

- Fries
- Perogies
- Burgers
- Hotdogs
- Smokies
- Poutine

colder, you can't run a hotdog stand — but with a food truck it's possible," he said.

In September Leiman's truck can be found outside Red River College's Exchange District Campus.

"I love my customers, and I love what I do. It just feels great to be back," he said.

LAUREN PARSONS/FOR METRO



Darryl Leiman is back in delicious action at Goldies. LAUREN PARSONS/FOR METRO

## Missing girl. Body found in Assiniboine River

RCMP have confirmed the body of a missing 11-year-old girl has been found.

RCMP Const. Miles Hiebert says police got a call that a child had gone underwater in the Assiniboine River near Poplar Point at around 8 p.m. on Saturday.

Hiebert says the water is extremely high and the current is moving very fast, so divers were

unable to get into the water.

The underwater recovery team had used sonar equipment to try to locate the girl, but didn't have any success Sunday.

Amos Waldner told Global Winnipeg that his niece, Becky Waldner, 11, and other children were playing on tire tubes when she went under water.

THE CANADIAN PRESS

### Arson investigation

#### Police probe garage fire

The Arson Strike Force is investigating after a Winnipeg garage fire caused around \$55,000 in damages over the weekend.

Emergency crews were called to the 100 block of Helmsdale Avenue around 7 a.m. Sunday.

Police are investigating whether the fire spread to the garage after two discarded couches had been deliberately set ablaze.

Anyone with information can call police at 986-6813 or Crime Stoppers at 786-TIPS. METRO

### Indecent act

#### Police seek pervert

Police are looking for a suspect after a man performed an indecent act in front of a woman last Friday.

A 44-year-old woman saw an unknown man performing an indecent act near a garbage bin in the 2300 block of Pembina Highway around 9:40 p.m.

The suspect is described as 35 to 40 years old, five-foot-nine, with a medium build and dark complexion, balding with short hair on the sides. He was wearing a dark muscle shirt, dark navy pants and running shoes at the time. METRO



Florian Vorreiter is seen hard at work at his new Wolseley-area storefront. SHANE GIBSON/METRO

# Custom-guitar maker sets up shop in Wolseley

**Tailored sounds.** Florian Vorreiter Lutherie makes instruments to order



SHANE GIBSON  
shane.gibson@metronews.ca

A Winnipeg-based custom-guitar maker hopes to hit all the right notes with a newly opened Wolseley storefront.

Florian Vorreiter, a German-born, university-trained luthier — one who makes or repairs and restores stringed instruments — will be taking orders, teaching his craft, and selling his one-of-a-kind instruments at his new location at 869 West-

minster Ave. starting this week.

Vorreiter spends 180 to 300 hours working on his custom instruments, and likens the difference between factory and handcrafted instruments to buying a tailored suit.

"You can get pretty decent suits that are built in factories, but they will not match your body perfectly," he explained. "It's the same with the desire that a musician has with sound — they have requirements or preferences just like people have different-shaped bodies."

Vorreiter began his career in lutherie in 2002 as an apprentice and went on to the University of Applied Sciences in Markeukirchen, Germany, where he graduated as a master craftsman of plucked instrument making.

### Tools of the trade

Vorreiter prefers hand tools when making instruments because he says they provide valuable feedback about the materials' properties while he works with them.

He started his company, Florian Vorreiter Lutherie, from his home when he moved to Canada in 2007.

As well as providing a custom sound and ergonomic design for his customers, Vorreiter can also make instruments out of materials close to a musician's heart.

"I want to work with the story of the musician," he said,

explaining he can make components out of pieces of wood with sentimental value. "I want to express my artistry the same as musicians do, because I believe that ultimately goes back into their creative process and trickles down to the audience."

Florian Vorreiter Lutherie is located in the same space as Grasslands Woodcraft, and a special grand-opening event with live music gets underway Friday at 9 p.m.

For more information on the instruments or to sign up for classes in instrument making, call 783-9872 or send an email to [store@vorreiterguitars.com](mailto:store@vorreiterguitars.com).

Follow Shane Gibson on Twitter @tsgibson



## Summer programs to benefit thousands, minister says

More than 60,000 children and youth in Manitoba are expected to benefit from summer programs, the provincial government said recently.

Kevin Chief, minister of children and youth opportunities, was at Camp Manitou in Headingley to take in the start of the summer enrichment programs now that school holidays are underway.

"Community groups have some of the best ideas for making sure the summer is full of enriching experiences for our youth," said Chief. "Our government's investments in youth services help sustain community-led pro-

jects around Manitoba and I am looking forward to seeing their ideas in action."

Chief will be visiting communities across the province to see how the programs are received.

The 60,000 figure also includes 15,000 youth who will be working over the summer through the Green Team program, which creates employment opportunities for youth aged 15 to 29 years old.

Other programs include career partnerships with universities, the Manitoba Youth Job Centre and Odd Jobs Squads, and STEP services, the Manitoba government's

### See programs in action

Though Chief has a number of outreach visits planned for the coming weeks, he is open to more invitations to see the programs in action.

- Community groups that would like to see the minister can contact his office at 204-945-1133 or e-mail [mincyo@leg.gov.mb.ca](mailto:mincyo@leg.gov.mb.ca).

official student-employment placement service.

Michelle Harrison, execu-

tive director of Camp Manitou, which receives funding through Manitoba's Green Team program to hire and mentor young people to be good role models for campers, said thousands of kids will be impacted by the programs.

"One of the biggest rewards of operating this camp is seeing young adults providing children the opportunity to explore their interests and talents while at the same time benefiting from the responsibility and experience that comes with the job of being a camp counsellor," Harrison said. BERNICE PONTANILLA/METRO



**Johnsons Landing**

## Remains of second person found at B.C. landslide site

The remains of a second person have been uncovered at the site of a landslide in southeastern B.C. that killed four people.

The B.C. Coroners Service and RCMP say the remains were found at Johnsons Landing, though

they didn't release an identity.

Four people were missing after Thursday's slide, including 60-year-old Valentine Webber, his two daughters and a German tourist.

On Sunday, searchers found a body believed to belong to Valentine Webber near the site of the slide.

Still unaccounted for are Rachel Webber, 17, Diana Webber, 22, and German national Petra Frehse, 64.

THE CANADIAN PRESS

**Record rains**

## Japan floods still affecting region

Most of the quarter-million people who fled flooding in Japan were able to return home by Monday, but the danger had not fully passed from record rains that have killed at least 28. Hundreds of landslides have been reported, and the military airlifted food to stranded districts. THE ASSOCIATED PRESS

**Leadership shakeup**

## North Korea's vice-marshall dismissed

North Korea's vice-marshall is out, dismissed from several powerful posts because of illness, state media said Monday in a brief surprise announcement just days after Ri Yong Ho last appeared in public. The decision was made at a Workers' Party meeting on Sunday, according to the official Korean Central News



Former North Korean vice-marshall Ri Yong Ho THE ASSOCIATED PRESS

Agency. The dispatch did not elaborate on his condition or future. THE ASSOCIATED PRESS

**Food safety**

## Needles found in airline sandwiches

Delta Airlines says needles were found in six sandwiches on four flights from Amsterdam to the U.S. on Sunday. The airline says security for its meal production has been increased and it is using more prepackaged food while the investigation continues.

THE ASSOCIATED PRESS

# Lawyer may be witness in Magnotta case

## Body-parts murder.

U.S. lawyer says he met with accused killer, who complained of being abused by a mystery man

**Email exchanges**

- The Canadian Press obtained several emails Salta said he received from Magnotta over the weeks that followed their first meeting. All are dated from January 2011, more than a year before Lin's death.

A lawyer who heard Luka Rocco Magnotta make allegations about being repeatedly abused and forced to have sex with animals says he could be called as a witness at his murder trial.

Romeo Salta, who says he met with Magnotta several times at his Manhattan office in the winter of 2010-11, told The Canadian Press he was informed of the possibility by the defence team last week.

Magnotta, 29, is now facing multiple charges, including first-degree murder, in the May slaying and dismemberment of Montreal university student Jun Lin. He has pleaded not guilty to all counts and is due back in court next March.

A day before Salta was told he might be called to testify, the attorney spoke to a reporter about Magnotta's assertions that he was frequently abused — physically, emotionally and

sexually — by a mysterious acquaintance known as "Manny."

Salta insisted that Magnotta gave him his blessing to go public with the disturbing details of the alleged attacks, if he were ever arrested or killed. The lawyer said Magnotta wanted people to know his side of the story.

But two days after discussing his exchanges with Magnotta, Salta indicated he's been told to say no more. He declined to answer follow-up questions because of a conversation he said he had with Magnotta's lead defence counsel, Luc Leclair.

Salta recalled that Magnotta first contacted him over concerns police were closing in on him amid a swirl of animal-cruelty accusations.

THE CANADIAN PRESS



## Ultra-Orthodox Jews rise up against draft attempts

Handcuffed ultra-Orthodox Jews participate in a protest in Jerusalem on Monday against attempts to draft members of the cloistered community into the Israeli military. Thousands of ultra-Orthodox Jews, including hundreds of children, have been protesting. The government is currently trying to find a formula to obligate ultra-Orthodox Jews, who are currently exempt, to serve in the military before a court-determined Aug. 1 deadline.

ODED BALILTY/THE ASSOCIATED PRESS

## Budapest. Suspected Hungarian war criminal may have been Canadian

Hungarian officials have launched an investigation to determine if a suspected war criminal — who may also have been a Canadian citizen — has been living clandestinely in the capital for years.

Budapest prosecutors said in a statement Monday that they were investigating a case based on information received from the Simon Wiesenthal Center, but did not name the suspect.

The centre has told prosecutors that a Budapest resident named Laszlo Csatory

is believed to be the former police chief in the Slovak city of Kosice in 1941, who played a "key role" in sending more than 300 Jews to their deaths in Ukraine.

Csatory, who the centre says would now be 97 years old, is also suspected of helping to organize the 1944 deportation of some 15,700 Jews to Auschwitz.

A man bearing a similar name lived in Canada as a citizen until August 1997, according to Canadian government officials. THE ASSOCIATED PRESS

# Syrian rebels push into Damascus

Syrian rebels fired grenades at tanks and troops while regime armour shelled Damascus neighbourhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes nearly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

While the clashes were focused in a string of neighbourhoods in the city's southwest,

for many of its four million people the violence brought scarily close to home the strife that has deeply scarred other Syrian cities.

Monday's fighting suggested that deep cracks were appearing in the tightly controlled facade of calm that has insulated Damascus from violence throughout the uprising.

Damascus — and Syria's largest city, Aleppo — are both home to elites who have benefited from close ties to Assad's regime, as well as merchant classes and minority groups who worry their status will suffer if Assad falls.

Syria's violence has grown

**Rising toll**

## 17,000

Anti-regime activists say more than 17,000 people have been killed in the uprising since it first began 16 months ago.

increasingly bloody and chaotic in recent months as the uprising has morphed from a peaceful protest movement seeking political change into an armed insurgency seeking to topple the regime by force.

International diplomacy has failed to stop the violence, and world powers remain

deeply divided over who is responsible and how to stop it. The U.S. and many Western nations have called on Assad to leave power, while Russia, China and Iran have stood by the regime.

On Monday, Russian Foreign Minister Sergey Lavrov accused the West of using blackmail to secure a UN Security Council resolution that could allow the use of force in Syria.

Lavrov objected to the text of a Western-backed resolution that calls for sanctions and invokes Chapter 7 of the UN Charter, which can be enforceable militarily.

THE ASSOCIATED PRESS

# Goldman Sachs downgrades Tim Hortons to 'sell'

**Wall Street.** Increasing pressure in competitive market forces investment firm to lower rating of coffee-and-doughnut chain

Tim Hortons has been downgraded to a "sell" rating at Goldman Sachs over concerns that moderation in same-store sales could be a harbinger of more pressure in the hyper-competitive coffee market.

## Slow growth

**"Tim Hortons derives over 95 per cent of its operating profit in Canada, and growth into new geographies is coming at a somewhat moderate pace."**

Analyst Michael Kelter at the Wall Street investment firm Goldman Sachs

fe market.

A note from analyst Michael Kelter at the Wall Street investment firm says he is concerned about early indications of "impending Canadian saturation" that could reflect increased pressure.

"We see a five per cent downside in Tim Hortons shares versus a seven per cent average upside across the sector," he wrote.

He also expects the company might report a miss on same-store sales when it reports second-quarter earnings next month. Earnings-per-share estimates were reduced to \$2.72 from \$2.77 for 2012, he said. Other reductions were made for 2013, with EPS down to \$3.06 from \$3.13, and to \$3.34 from \$3.48 in 2014.

The Canadian coffee market has faced a growing number of new entrants, including an expansion by Seattle coffee chain Starbucks and low-priced coffee and specialty drinks at McDonalds.

THE CANADIAN PRESS



## Touch-based controls coming for Office

Microsoft CEO Steve Ballmer speaks at an event in San Francisco on Monday. He unveiled a new version of the company's widely used, lucrative suite of word processing, spreadsheet and email programs, one designed specifically with tablet computers and Internet-based storage in mind. Like an upcoming redesign of Microsoft's Windows operating system, the new Office will respond to touch as well as commands delivered on a computer keyboard or mouse. The addition of touch-based controls will enable Office to extend its franchise into the rapidly growing tablet computer market. Apple dominates that market with the iPad, though Microsoft has plans to compete with its own tablet, called Surface. JEFF CHIU/THE ASSOCIATED PRESS

## Real estate. Canadian home resales drop in June

Canada's real-estate market is showing signs of cooling off with national home sales and the average home price down year over year, indicators that have at least one senior economist wondering if the once red-hot market is entering a "Big Sleep."

The new data from the Canadian Real Estate Association follows several reports saying some real-estate markets and types of housing are overvalued, though there's a range of opinions about how much and how quickly prices will decline.

On Monday, the CREA reported the number of previously owned homes sold last month dropped 4.4 per cent from June 2011, the first annual decline since April 2011.

Resales of homes were also down 1.3 per cent in June from May, with a total of 46,444 transactions through CREA members.

That was down from 48,591 in June 2011, the association said. "It's showing early signs that the market is softening but it's still running pretty strong," said Gregory Klump, CREA's chief economist.

The numbers also suggest the market was softening before Finance Minister Jim Flaherty announced new mortgage rules on June 21 — a move the minister said was necessary because of the risk, among other things, of a housing bubble.

THE CANADIAN PRESS

## Economy. Canada continues with slow growth: IMF

The International Monetary Fund is calling for further government action amid signs the recovery is faltering in many countries, though Canada's outlook has held up better than most other advanced economies.

The 188-country organization said Monday that it expects Canada's economy will grow modestly, by 2.1 per cent this year and 2.2 per cent next year — virtually unchanged from the IMF's forecast in April.

That's not the case in many parts of the world. The IMF's July outlook warns that, after a better-than-expected start to the year, growth is slowing in many parts of the world, shaving two-tenths of a point off of the IMF's 2013 estimate, which falls to 3.9 per cent.

The 2012 growth estimate has also been reduced, by one-

## Growth-rates forecast

The Canadian growth rates forecast by the IMF are below the Bank of Canada's call of 2.4 per cent in 2012 and 2013, but in line with most private-sector economists, who have been downsizeing expectations the past few months.

tenth of a point, to 3.5 per cent.

The expansion is mostly due to strong, if moderating, growth rates in the emerging economies and smaller advanced economies, such as Australia. Overall growth in advanced economies is only expected to hit 1.4 per cent this year and 1.9 per cent in 2013, very weak levels, with some nations faring far worse.

THE CANADIAN PRESS

## European Central Bank

### Number of counterfeit euro bills drops

The European Central Bank says the number of counterfeit euro bills fell 15.2 per cent in the first six months of the year compared with the first half of 2011, with €20 (\$25) and €50 notes

being the most commonly forged.

The Frankfurt-based bank said Monday that the two bills made up 77 per cent of the 251,000 counterfeit bills detected.

It says the overall number of counterfeit bills makes up a small fraction of the approximately 14.6 billion in circulation during the first six months.

THE ASSOCIATED PRESS

**YOU CAN RUN BUT YOU CAN'T HIDE**

WITH **DOG**

**THE BOUNTY HUNTER**

Considered the greatest bounty hunter in the world, Duane "Dog" the Bounty Hunter's comeback is coming to Whistler! This is a reality event for the Teen Challenge.

With more than 6,000 captures in his 27-year career, this highly intense, charismatic ex-con and bawlegger Christian is the king of the con game. This inveterate lawbreaker has served time in a Texas prison. It is what rehabilitation agents call "Dog's Act".

Now on the right side of the law, Dog is devoted to his efforts to bring in the bad guys and encourage them to turn their lives around. Over the years, the list of fugitives Dog claims to have either helped catch or single-handedly brought in justice reads like a who's who of America's most wanted, including high-profile rapist and mob boss John Wayne Gacy.

Book your tickets to Duane "Dog" the Bounty Hunter's comeback!

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The €20, and €50 notes are the most commonly forged, the European Central Bank says. THE ASSOCIATED PRESS



# READY TO RELINQUISH YOUR CREEPER ANONYMITY?



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

A collective groan was heard across the web last week when Facebook announced yet more changes are coming to the social-networking site. According to a July 11 blog post,

Facebook Groups have been updated to allow users to see who has viewed each post within the shared group.

Back in June, a similar “seen by” feature was added to Facebook’s mobile-messaging service to let users keep track of when messages had been read. It’s an annoyance for pretty much everyone who has ever had an awkward conversation on the Internet.

Some Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials. These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook has always been about connecting with your friends, but it has also had the underlying (and just as important) component of “creeping” through others’

online activity without detection. More than likely, you don’t really want everyone to know when you’ve spent hours looking at (and silently judging) your ex-boyfriend’s tagged photos or cheesy wedding photo albums posted by long-lost high school friends. Any new features that track and report on your online activity will effectively ruin the guilty-pleasure aspect of the social-networking site.

Facebook creeping has always been an ethical grey area, but users are happy to play along in the shared fantasy that we aren’t cyber-stalking one another. And while the free service is something we voluntarily opt into, we tend to have a certain sense of entitlement when it comes to Facebook, a sort of naive sense of ownership over our online profiles. We’re happy to relinquish all of our juicy market-research details to third-party apps, but please don’t take away our ability to lurk around the social network unseen.

Anonymous observation has arguably been one of the most important factors in Facebook’s mass appeal. And while it wasn’t too good to be true, it might have been too good to last.

It will be interesting to see if the recent information-sharing changes will pave the way for a major site-wide overhaul. Will users accept the new rules and adapt their browsing behaviour, or simply move on to something new in the fickle world of social networking?

Follow Jessica Napier on  
Twitter @MetroSheSays



**Would you still creep if you knew the person you were creeping knew too?**  
CONTRIBUTED

# Olympic horse is a-maize-ing



REX FEATURES

## Olympic agriculture

### Equestrian design dashes through field

Clearly one farmer is already reaping Olympic success. Graham Wadsworth, owner of Raines Hall Farm in England’s picturesque Lake District, has created in a maize field the image of a giant horse rider leaping over a jump in honour of Great Britain’s equestrian team, which is highly favoured to win gold.

Every summer Wadsworth’s farm becomes the Lakeland Maize Maze, welcoming more than 20,000 visitors. **METRO**



**Graham Wadsworth, 41, is a farmer at Raines Hall Farm, Lake District, U.K. CONTRIBUTED**

## Maize maze: A how-to

- **How it was made:** “The pattern was first designed on a computer, then it was plotted using GPS. When using this technology, modern tractors can auto-steer and cut within an inch. I had a portable computer mounted on the tractor guiding me as I was carving out the design. You don’t make a mistake using this sort of technology.”
- **How it was done before:** “Before, when GPS technology was not available, I used a device called a

fixed-point transmitter, which would relay information between a satellite and the moving tractor. It wasn’t as accurate and once when the system batteries failed, one of the details of design I was working on — the head of a llama — did not come out as I had planned!”

- **How it was done long ago:** “We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete.”



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

In light of patio season, what’s your hangover remedy?

33% TWO PAINKILLERS, AND WATER

25% PREVENTION: I PAIR WATER WITH EVERY DRINK

42% EGGS, BACON, TOAST AND COFFEE

0% HAIR OF THE DOG: BLOODY MARY, PLEASE

## Twitter

@dasme:

My daughter is a sweetheart. A few times a week she leaves me drawings under my pillow. Her reason: “Because I love you lots Daddy!” <3

@pearlynnxo:

Sex is not the answer. Sex is the question. Yes is the answer.”

@JohnGunter:

@RadicalOmnivore ... & my anecdotal observations/traditional knowledge indicates the biggest polar bears aren’t as big as they

used to be.

@CaittieNichole:

I seriously shouldnt be able to hear you dragging your feet while i have headphones in, and im standing 20 feet away from you. \_#petpeeve

@Pitty\_Da\_Fool:

I’m gonna start giving lessons on how to get into the dog house without even knowin it til its way to late. 25 dollars per hour. DM me LMAO



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## 2

## SCENE

## Scene in brief

**Baby No. 3  
for Uma**

It's a girl for Uma Thurman and her financier boyfriend. Thurman's representative confirmed on Monday that the actress gave birth. She did not release details, including the baby's name. Thurman, 42, has two older children, 13-year-old Maya Ray and 10-year-old Levon Roan, with ex-husband Ethan Hawke. This is her first with financier Arpad Busson. Busson has two sons with Elle Macpherson.

THE ASSOCIATED PRESS

**Judges  
disciplined  
over Lohan  
case**

A California oversight panel has disciplined two Beverly Hills judges for their handling of a Lindsay Lohan drunken driving case. Documents obtained by the Los Angeles Times show Los Angeles County Judges Marsha Revel and Elden Fox have been admonished by the state's Commission on Judicial Performance. The judges got what are called advisory letters, considered the lowest of disciplinary actions. The panel determined Revel improperly met alone with an attorney who wanted to take over Lohan's defence in the 2010 DUI case. Fox was found to have erred in denying the actress bail on a relatively minor charge and refusing to hear her attorney's arguments.

THE ASSOCIATED PRESS

## On the web



**E! Entertainment  
Olympics plan has  
its own Kardashian  
connection**



Marvel confirmed a movie version of Guardians of the Galaxy at Comic-Con. HANDOUT

# The ups and downs of Comic-Con 2012

**Review.** Our California writer looks at what this year's geek fest had to offer its fans — both bad and good

NED  
EHRBAR

Metro World News in Hollywood

Celebrities, artists, filmmakers and roughly 170,000 fans invaded San Diego for the annual pop culture Woodstock that is Comic-Con, where Hollywood rolled out teasers and announcements for the next several years of film and TV properties over an exhausting four days. Most of the big reveals came in Hall H, the massive auditorium into which fans line up for days.

So, was it worth the wait?

**Biggest hits:**

**Marvel Entertainment:** Riding into Comic-Con high on the wave of Avengers success, the comic book publisher turned movie studio announced a slew of new films, including sequels to Captain America and Thor.

And then Robert Downey Jr. danced into the Hall, blurring the lines between himself and Tony Stark, to unveil footage from next year's Iron Man 3.

In non-Avengers news, Marvel executive Kevin Feige also confirmed a movie version of Guardians of the Galaxy, about an outer space-set team of mutants, aliens and a raccoon sworn to fight off interstellar threats.

**Elysium:** District 9 director Neill Blomkamp finally unveiled some of followup film, about a future in which the haves live it up on a space station while the have-nots toil on the dilapidated Earth below. Not only did Blomkamp stun the Hall H crowd with footage from the film, he also brought along Jodie Foster, a Comic-Con virgin and closet geek — Foster copped to being a huge True Blood fan.

**Biggest misses:**

**The Host:** While kicking off Comic-Con with a panel for the final Twilight film, the series' author, Stephenie Meyer snuck in a look at the film adaptation of her followup, the Host, directed by Andrew Niccol. The footage of the sci-fi story about

alien possession left fans scratching their heads — and some walking out before the screening had finished.

**Django Unchained:** While it was awfully cool of Quentin Tarantino to bring his revenge western starring Jamie Foxx and Christoph Waltz to Comic-Con — despite it not necessarily being normal Comic-Con fare — there are a few things he didn't do: He didn't show off much new material, instead opting to show a seven-minute "sizzle reel" that had screened for insiders at Cannes, and he didn't stick around to talk to the press after the Hall H panel. One thing he did do? Put a damper on plans for Kill Bill: Vol. 3. Not cool at all, Quentin.

## Go ask Alice. Ashley Greene talks about wrapping up Twilight

The Twilight film series has been something of a game-changer for Comic-Con. When the franchise paid its first visit, the influx of diehard female fans ruffled some fanboy feathers. Metro sat down with Ashley Greene, who plays vampire Alice Cullen in the series, about the series' last trip to San Diego.

**How is the last Comic-Con for Twilight going?**

It's good. It's as intense as ever. I looked at my schedule and was like, "Wow!" But then it's great. It's a great feeling to know the last film we're doing, the fifth



Ashley Greene HANDOUT

movie, there's still so much interest in it and that people are still passionate about it, and I got to see fans that I saw the first time I came here.

NED EHRBAR

## Walking Dead. San Diego succumbs to zombies to celebrate 100th issue

Despite all the superheroes, aliens and giant monsters around San Diego, this year the Comic-Con weekend belonged to the Walking Dead, the AMC show based on Robert Kirkman's comic book about surviving a zombie apocalypse.

The 100th issue of the comic hit stores last week, and fans got their first look at season three of the popular series, which debuts worldwide Oct. 14, including new cast-members Danai Gurira as Michonne and David Morrissey as the infamous Governor. "I'm getting a sense of (how big this is).

It's fan base is massive, so I'm really over the moon to be joining," Morrissey tells Metro.

The enthusiasm for the show was evident outside the convention centre as well, with Petco Park turned into a zombie survival course — and the backdrop for a star-studded party celebrating the 100th issue. And fans in zombie garb were everywhere, coming together for a traffic-stopping "zombie walk" on Friday afternoon.

"Never underestimate Comic-Con," Kirkman says.

NED EHRBAR

## DVD reviews

**The Three Stooges**

**Director.** Bobby Farrelly,  
Peter Farrelly

**Stars.** Sean Hayes, Chris Diamantopolous, Will Sasso

●●●●●

Easy to see why Bobby and Peter Farrelly wanted to make this irony-free homage to the second most revered clown troupe after the Marx Brothers, despite protests from Stooges fans. For all of their eye-poking and mallet-swinging antics, there was an innocence about the Stooges, who reigned from the Vaudeville '20s until the end of the Swinging '60s, with fitful revivals since. They were fools for the sake of being fools, too stunned to be snide or cynical. This benevolently anarchic spirit remains in The Three Stooges, which makes just two concessions to the modern era: a reality TV subplot involving The Jersey Shore cast and a tacked-on warning to kids that they should leave eye pokes and head bashes to the pros. After an hour of this nonsense, with more than a half hour still to go, you start to feel like a masochist watching three sadists. You see one nose hair being extracted by a hammer claw, you've seen 'em all.

PETER HOWELL

**Casa de mi Padre**

**Director.** Matt Piedmont

**Stars.** Will Ferrell, Gael Garcia Bernal, Diego Luna

●●●●●

Will Ferrell takes risks with his comedy, yet too often settles for material that's more amusing on paper than it is on the screen. Casa de mi Padre is the latest example. Ferrell plays a Mexican ranchero who speaks Spanish as if he were born to the tongue. It's audacious, given the huge resistance of Americans to subtitled films. It's also a good idea. If only it were funnier. Most of the rest of the cast of this hammy drama, a western spoof of cheesy Mexican telenovelas, actually are native Spanish speakers. Supposedly filmed in widescreen "Mexico-Scope," but also filled with deliberately fake animals and props, Casa de mi Padre gets by on Ferrell's abundant good cheer, his Berlitz Spanish and his willingness to make himself the joke.

PETER HOWELL



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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Who dumped who on American Idol?

MONICA WEYMOUTH  
scene@metronews.ca

When Jennifer Lopez and Steven Tyler announced they were leaving American Idol last week, both stars cited their busy, rewarding lives.

How could they continue to judge a reality show when they had babies to take care of and devoted fans to entertain?

But there might be a much easier explanation here: money.

According to TheWrap.com, Lopez was actually let go when she asked for a \$2

million raise and Fox "surprised her" by declining to make a counter offer. During an appearance on Monday's Good Morning America, the singer hinted that it wasn't exactly a tidy break.

"I love them, they love me, and it's hard when I feel like I should move on," she said of the split. "I don't know, I don't know if it's even done yet ... I know that I'm moving on."

As for Tyler — who, like Lopez, spent two seasons on the show — the network decided not to renew his contract as it looks to revamp the struggling show's format, a source tells TheWrap.

Sure it's embarrassing, but don't sweat it, guys. Most of us get fired over far less money and have never known the joy of giving Ryan Seacrest an exit wedgie.



Joshua Jackson



Diane Kruger

### Tres romantique! Jackson and Kruger falling for France

Joshua Jackson and Diane Kruger are settling into life living in Paris, and they couldn't be happier, the Fringe star tells People magazine.

"The most romantic thing about Paris for me is just walking around and being immersed in the city," Jackson says.

"Because Diane has lived there for so long and we have an apartment there, the most romantic part of our day is waking up in our own neighborhood and going down to a cafe and just having breakfast — which is a really quotidian thing to do, but to do it in that city is pretty nice."

## Twitter

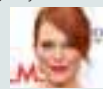
### @driverminnie

We are writing and performing a play in 24 hrs. We are in hour 18. I feel vaguely nauseous and wish now that I'd gone to university



### @juliannemoore

umm #the knicks the way things are going why not just have ME on the team. Old ladies are great point guards.



### @AlbertBrooks

Breaking News: Romney promises to release more tax returns as soon as he can get the guy from Luxembourg on the phone.



### @RyanSeacrest

Craving ice cream. Had to stop for a blizzard, butter finger Heath bar flavor.



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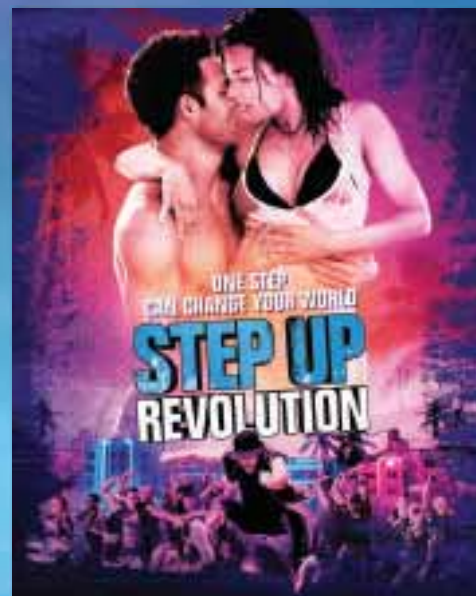
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# Beach body pilates plan

**Workout.** Yogi David Romanelli tells us why it's time to switch off the devices and connect to you.

ROMINA MCGUINNNESS  
Metro World News

Do you go on holiday, taking a break from the hustle and bustle, but spend most of the time updating Facebook and sharing Instagram photos? New York based Yogi David Romanelli is worried for your soul. "Technology is just like sucking on a cigarette, it's just as addictive and bad for us," he tells Metro. "Gadgets

## Quoted



**"Let this be the moment when you have no desire to reach for a gadget."**

David Romanelli  
New York based Yogi



Is her BlackBerry is hidden under the mat? CONTRIBUTED

are a bad habit. We have less capacity to experience and remember memories using a machine than we do through our five senses."

Peel yourself away from technology, he recommends. To do so, Romanelli suggests setting aside one moment in the day (aside from sleep) and doing something completely disconnected from your usual routine.

"Take a Yoga or Pilates class and let this be a moment when you have no desire to reach out for a buzzing gadget," he says.

"Our mind is a spoiled brat that's used to having complete control over our body. It's important to stop thinking once in a while and tap into something within us that's more powerful than our thoughts, whatever that

is. This 'thing' doesn't have to be spiritual, it can also be emotional or physical."

At the start of the class, your mind will be kicking and screaming to take over your body but you have to get past that moment and be in the present, explains Romanelli. Yoga and Pilates are exercises that help you trigger sensations and get back in touch with your body.

"No app in the world can replace smell or touch or improve emotional connections," he adds.

So, even if it's just for a moment — stop functioning and get back into your body. Our beach Pilates sequence is the best way to start doing just that.

Cut out the exercises below and take them with you during your next break.

## The workout

### How to do the Beach Body Pilates Workout:

"This will tone all your trouble spots: bra bulge, triceps, hips, abs, waist, thighs and buttocks. You will stand taller, feel lighter and be leaner. Commit to this workout for up to 20 minutes, five days a week and within weeks you'll look amazing," says Metro's Pilates expert Kristin McGee.

As you go through each move, keep the six fundamentals of Pilates in mind: Centering, concentration, control, precision, breath and flow.

#### 1. 100s:

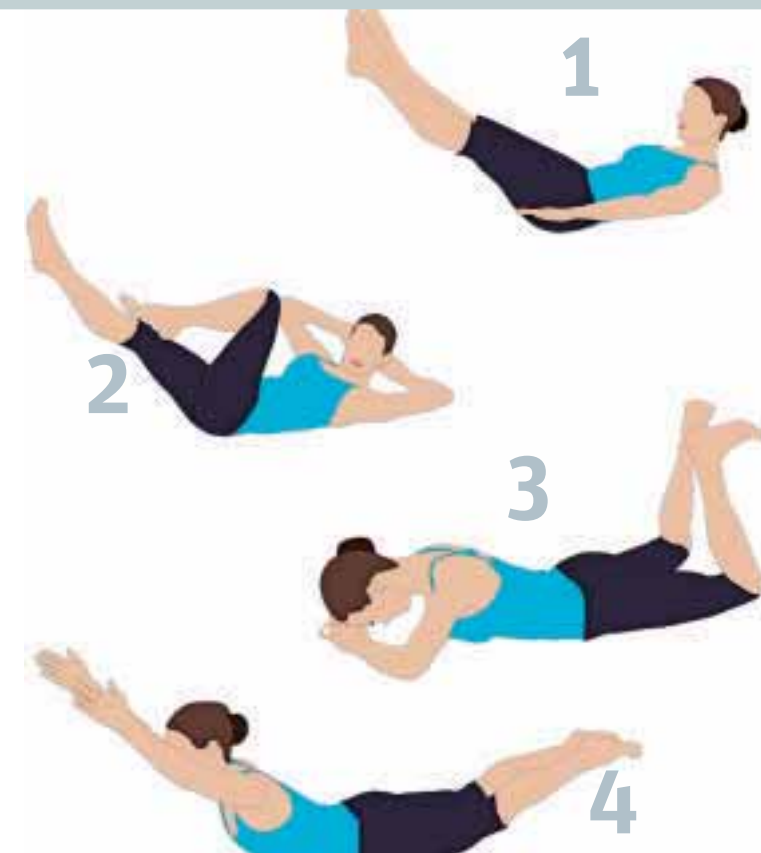
Lying on your back with your entire spine pressing in to the mat, lift your legs up in the air to a tabletop position and engage your lower abdominals.

Stretch your arms forward as you lift your head and neck up off the mat. Gaze at your belly button and extend your legs out to a 45 degree angle.

Start pumping the arms up and down, breathing in for 5 pumps, and out for 5.

**Reps:** 10

**Works:** core, hips, buttocks, arms and thighs



#### 2. Criss-cross

Keep your hands behind your head, elbows open to the side and bring your knees to a tabletop position. Lift your

head and neck up and cross your right elbow towards your left knee as you extend your right leg long 45 degrees.

Now switch, bringing the left elbow to the right knee as you extend the left leg. Make sure you keep your abs engaged and reach your elbow

outside of the bent knee.

**Reps:** 10

**Works:** core, inner and outer obliques, hips, shoulders arms and thighs

#### 3. Ballerina butt lifts

Swing your legs around and lie down on your belly. Place your forehead in on top of your hands with your elbows wide to the side. Bend your knees and press the heels together, turning the toes out to the sides.

Engage your buttocks, hamstrings and lower back and press your heels up to the ceiling lifting your knees off the mat. Make sure your tailbone stays long and you keep your lower abdominals engaged to protect your lower back.

**Reps:** 12

**Works:** lower back, abs, hips, buttocks and hamstrings

#### 4. Swan

Extend your legs long and reach your arms overhead. Engage your lower abdominals and back and lift everything up off the floor keeping your head in line with your spine. Imagine you are being pulled apart from end to end. Hold for 3 breaths and lower down.

**Reps:** 3

**Works:** the hamstrings, arms, lower back and butt

# 3

LIFE

## Fitness pick

### Slim line leggings

Celebrity trainer Tracy Anderson's slimming leggings are the perfect solution if you want to workout out looking and feeling your best. Inspired by her Metamorphosis workout program each model focuses on a specific problem area: the hips, glutes, thighs, or abs. Designed to tighten and tone (they nicely pull everything in) you'll never feel self-conscious during a workout ever again. If Sofia Vergara wears them — and she's a walking bomb shell — then we should all follow suit. Get great legs: The Omnicentric leggings are designed for women that gain weight all over.

ROMINA MCGUINNNESS/METRO

## On the Web



Sports-related eye injuries not uncommon in summer sports but easily preventable

# Dip your way to a delicious twist on traditional hummus

## White Bean and Artichoke Hummus



This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



**ROSE REISMAN**  
for more, visit  
rosereisman.com

unique twist on traditional hummus! The addition of white beans and artichoke hearts is outstanding.

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt

and pepper in the bowl of a food processor. Purée until smooth.

2. Add the chopped cilantro and stir to combine  
**ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

## Ingredients

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 tbsp tahini
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro

## Nutritional analysis

How does this dip stack up nutritionally per serving?

- **Calories.** 79
- **Protein.** 2 g
- **Carbohydrates.** 6 g
- **Fibre.** 1.7 g
- **Total fat.** 5 g

Although there are plenty others out there, this is a very

# Cool down your meal with a Chilled Mint Soup to start

This quick and easy no-cook soup is a perfect complement to summer dining.

The refreshing and tasty chilled soup is enhanced with a touch of cream and balanced by its yogurt base.

1. Using a vegetable peeler, peel skin off cucumbers. Cut cucumbers in half lengthwise. Using a teaspoon, scrape out all the seeds in the centre. Discard seeds and skin. Cut cucumbers into chunks.

2. In a blender, in batches

## Ingredients

- 2 English cucumbers (each about 375 g/12 oz)
- 2 Granny Smith apples or other tart apples, cut into chunks
- 15 ml (1 tbsp) finely chopped peeled ginger root
- 20 fresh mint leaves
- 500 ml (2 cups) plain 2 per cent yogurt
- 125 ml (1/2 cup) 35 per cent whipping cream
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) salt
- Garnish**
- 50 ml (1/4 cup) thinly sliced onions



This recipe serves six. THE CANADIAN PRESS H/O

if necessary, combine cucumbers, apples, ginger and mint leaves and puree until smooth. If necessary, stop blender to scrape down ingredients from sides of blender.

3. Add yogurt and cream and purée until soup is homogenized. Add lemon juice and salt and puree to mix.

4. Pour into a bowl, cover and refrigerate for at least 2 hours until chilled. Prior to serving, chill 6 serving bowls in the fridge.

5. Stir soup to blend. Pour soup into chilled bowls and sprinkle sliced green onions over top of each serving.

**THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA**

## Tips

- **Blending.** You can use a hand-held immersion blender in a tall container to purée the soup.
- **Storage.** The soup stores well in the fridge for two to three days. Give it a quick stir before serving.

## Health Solutions

### Five hidden fibre gems



**NUTRI-BITES**  
Theresa Albert, DHN, RNCPT  
myfriendinfood.com

Women need 25 grams of fibre each day and men need 35. On average, we each get 11.

If you are underperforming because you don't know which vegetables are highest in fibre, fret not, mystery solved.

Here is your cheat sheet of the veggies that get you much closer to the fibre finishing line.

### Collard Greens

The powerhouse of the south, these huge, dark green elephant ear leaves need a chop and a quick simmer to render them soft enough to eat. Salt, pepper, butter and enjoy. **Total: 10 grams of fibre**

### Spinach

You know your massive spinach and strawberry salad? Cook it down with a drizzle of olive oil. It's easier to eat the required amount and renders the

nutrients more available to your body. **Total: 9 grams of fibre**

### Sweet Potato

Mashed. No skin. Delicious as is but a drop of balsamic vinaigrette can't hurt. **Total: 11 grams of fibre**

### Baked Potato

The secret is: You have to eat the skin. Try not to undo all your good work with too much sour cream. **Total: 28 grams of fibre**

### Avocado (1/4 raw)

Here is your high fat honey, but it is all good fat and worth every nibble. Ever thought about grilling it? **Total: 17 grams of fibre**

All amounts are per 1/2 cup cooked unless noted.



**THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**

## Cherry Bruschetta. A delightful pre-dinner snack with cocktails



1. Heat oven to 190 C (375 F).

2. Trim crusts from bread and discard. Using a rolling pin, roll bread really thinly. Cut each slice into quarters. Lightly oil a 12-cup mini-muffin pan. Press a bread square into each muffin cup. Brush bread with half the oil. Bake until deep golden, 15 to 20 minutes depending on the pan. Repeat with remaining bread squares. Let cool completely on a rack. These can be made up to a week in advance and stored in an airtight container.

3. Pit cherries, then coarsely chop. Place in a bowl. Finely grate lime peel over cherries, then squeeze 10 ml (2 tsp) lime juice over top. Stir in remaining oil, garlic and jalapeno. Just before serving, toss with mint, green onion and salt.

4. Spoon a heaping teaspoon (about 7 ml) cherry mix into each bread cup. Garnish each with a tiny sprig of mint. **THE CANADIAN PRESS/ CALIFORNIA CHERRIES**

## Ingredients

- 6 slices white sandwich bread
- 10 ml (2 tsp) olive oil, plus extra to oil pan
- Savory Cherry Topping**
- 250 g (1/2 lb) fresh cherries
- 1 lime
- 10 ml (2 tsp) olive oil, divided
- 1 large garlic clove, minced
- 1 small jalapeno pepper, minced
- 30 to 45 ml (2 to 3 tbsp) slivered fresh mint or basil
- 1 green onion, thinly sliced
- 1 ml (1/4 tsp) salt
- Mint sprigs, for garnish



Family vacation

## Planning is key for road trips with the kids



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

With the summer in full swing, my husband this year has decided that the

entire family (me (his wife) and our three kids) should go on a car trip. Now as romantic and poetic as that may sound, I can't imagine anything worse! This sounds like pure torture. So what should I do? Help!

Have you talked to your husband about your feelings? Don't be afraid to respectfully, but sincerely, voice what has you so stressed. Now if you both agree to still

do this car trip, plan for it in advance.

1. Have a driving route predetermined.
2. Decide what you think is a reasonable amount of driving per day that all of you can handle being in the car and yet not killing each other.
3. Plan on snacks, meals and distractions for the kids while driving.
4. If possible, pre-book hotels so that you're not

looking for a place to sleep; if the hotel has a pool or kid distractions, all the better.

5. Don't feel like you have to drive all day long — maybe on some days you only drive three or four hours with a fun stop like an amusement park, shopping mall, hotel pool, etc.
6. Relax and come up with a plan to deal with the car music, and lastly, I strongly believe some quiet time is always enjoyable!



Make sure your kids have some distractions while on the road. ISTOCK

# A choice between love or career

## Dating at work.

Office romances can be a tricky endeavor, which could potentially hurt your career

**PHOEBE HO**  
For Metro

Besides providing comic relief and a heartwarming love story, the hit American show *The Office* is also a great guidebook for office couples, according to a branding expert.

Watching the show's office couple Jim and Pam gang up on their arch enemy Dwight is a hoot on TV, but in reality alienating co-workers is just one of the many issues inter-office romances stir up, says branding expert Nancy Shenker and author of *Don't Hook Up with the Dude in the Next Cube*.

"The Office is a great example of both good and bad, the goods were that they met, they married, they fell in love, they lived happily ever after, but the bads are that it does alienate them in some ways from the rest of the people in the office," she says.

And that's just one of the many problems with office dating, she says. In many cases, when relationships don't work out, it strains the work relationship and makes it "perpetually awkward" for both the couple and those around them.

"Whenever human emo-



Workplace love stories, like the one seen in *The Office*, may seem enticing, but in reality it can be a very different story. HANDOUT

tions come into play, it gets really dicey and that happens with same sex relationships as well," says Shenker, who

has years of experience as a boss.

With about 38 per cent of workers admitting to dating

a co-worker at least once in their career in a 2011 survey by CareerBuilder, Shenker says it's virtually impossible

to stop office romance from happening — with or without an office dating policy.

But she warns that inter-

office romances are complicated, and could potentially hurt your career and/or impact your professional reputation.

As a boss, Shenker's first concern about office romance is its potential impact on productivity and confidentiality issues.

For the career-driven, a thoughtless office romance could put a damper on one's professional aspirations. From a personal branding point of view, Shenker says dating a co-worker, or worse, an employee, shows a lack of self-control.

"Once you get to a certain level in the business food chain, you have a level of accountability and responsibility that really should take precedence over your human urges," she says. "It would make me question their professional judgment."

But there are exceptions to every rule. Shenker says for those who do find their soul mate at work, they need to tread carefully, "Do it with your eyes wide open," and set up ground rules.

And if true love surpasses hierarchal positions, then one person should think of leaving the company to avoid feelings of favouritism amongst coworkers.

Ultimately, it's a choice between love or career.

"If it really is your true love, then yes, it's totally worth it, cause you can always get another job, but you can't always find another soul mate," says Shenker. "That's the romantic in me speaking."

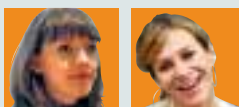
Advice

## Two's company, three's a...

Dear sisters, My girlfriend is interested in trying a threesome (with another girl), something we've never even discussed before. Our sex life is good, and so is our relationship — I think.

So why does this ring alarm bells for me? I realize this is most men's fantasies, but I've done this before with women who didn't mean much to me — and this one is different. Alarm Bells

Andrea: Dear Alarm Bells, This is obviously an opportunity to discuss what goes on in that pretty little head of hers, and yours.



**TWO SISTERS**  
Andrea and Claire  
Life@metronews.ca

I'm sure it took some courage to bring up the whole idea to you in the first place, so being receptive and open-

minded will go a long way here. It seems like you qualify threesomes as something to try when you don't care. If you think about it, wouldn't it be an entirely different experience — a new adventure — because you actually do this time around? Be aware that if she's already willing to try it before discussing it with you, it means that she's been harboring this fantasy a long

while, unless she's extremely impulsive in general. Alarm bells are warranted in this case, if it's clear that a large chunk of communication is being missed between you two. I'd address that first before engaging another party.

Claire: Dear Alarm Bells, Most men would sing hal-lelujah at such a request, especially if the relationship

is secure. And yet I see your point: letting anyone into such an intimate space of your relationship could present problems, unless you discuss the rules of the encounter and why she wants it and you don't. Whether it happens or not, this is an opportunity to dig a little deeper and perhaps even discover and share new fantasies.

Amen to that.



# TIME TO THINK AHEAD

## USE THE SUMMER TO REVIEW LAST YEAR, GET A JUMP ON NEXT

Summer break offers a great chance to catch up on last year's university and college reading and to get ahead of the game come September.

Todd Pettigrew, an associate professor of English at Cape Breton University, says reading ahead "saved his life" when he was doing his PhD.

"If you read it just because you feel like reading it, it's often a way to remind yourself that this is an interesting work of literature," he says.

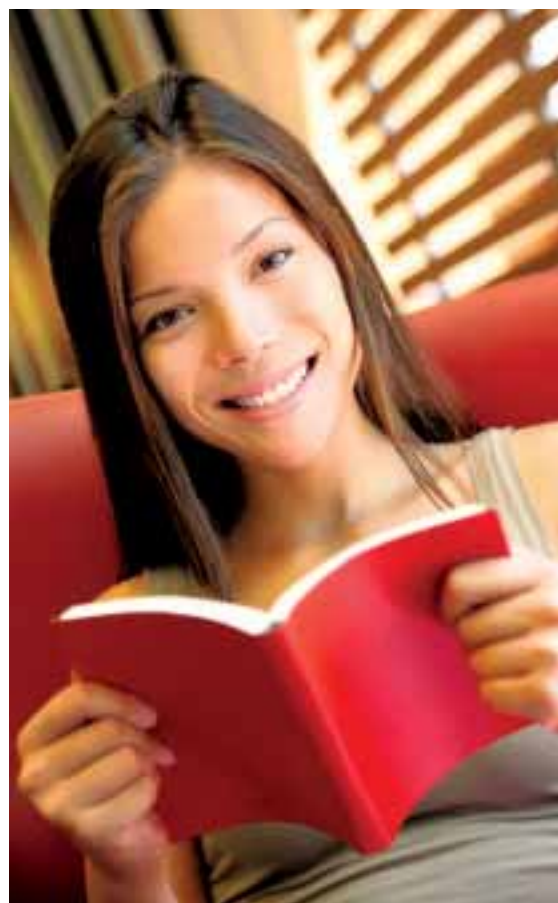
"One of the joys of summer for me has always been trying to carve out time to sit and read for pleasure."

First, catch up on last year's unfinished business. Second, get a start on next year's books.

Pettigrew says you can select books for double duty. For example, if you will be studying Russian literature and European history, Tolstoy's *War and Peace* will teach you about Napoleon's foolish attempt to take Moscow via one of the all-time greatest novels.

If you have beastly books like James Joyce's *Ulysses* on your list, Pettigrew advises you to "go and live there for a while," rather than focusing on finishing the novel.

Meg Martin, co-ordinator of orienta-

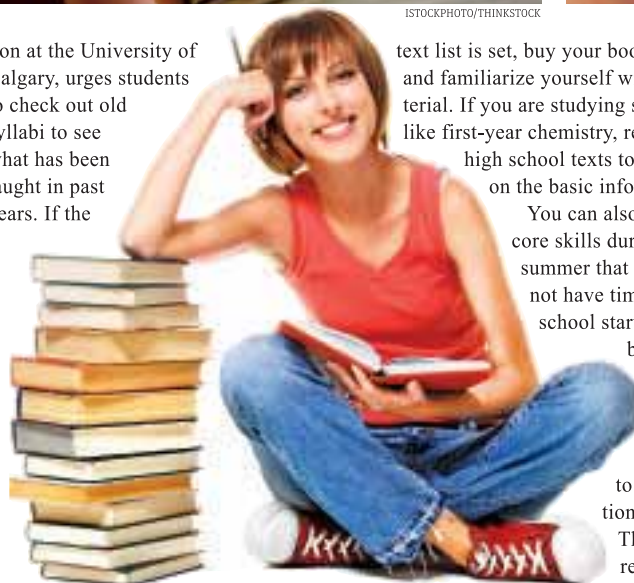


ISTOCKPHOTO/THINKSTOCK



ISTOCKPHOTO/THINKSTOCK

tion at the University of Calgary, urges students to check out old syllabi to see what has been taught in past years. If the



text list is set, buy your books early and familiarize yourself with the material. If you are studying something like first-year chemistry, review your high school texts to brush up on the basic information.

You can also learn core skills during the summer that you might not have time for when school starts. "It can

be a great time to look up things like how to use citation systems. That's a really funda-

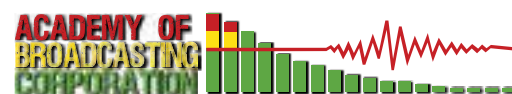
mental skill," Martin says.

U of C has a summer program called Common Reading. Each year the university selects one book and invites everyone on campus to read it.

"It's community building on the one side, and on the other side it's meant to help orient students to the academic expectations of university," Martin says.

The book is usually academic and of broad interest in a range of disciplines. The book this year is *Bitter Medicine: A Graphic Memoir of Mental Illness* by Clem Martini and Olivier Martini. The book works into the curriculums across the university; those who compose the best reflection win free textbooks and dinner with the authors.

— Jon Tattrie



# AUDITIONS

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# FOCUS ON A NEW CAREER IN VIDEO

## EXCITING TIMES AT ACADEMY OF BROADCASTING

The Academy of Broadcasting has always been the place to go if you are interested in a career in radio. But ABC also allows its students to specialize in video alone. And those students are getting terrific jobs, right now, right out of school.

"The past few months have been exciting ones for graduates pursuing video careers," says Bev Edmondson, president of ABC. "We've had two grads hired at the Aboriginal Peoples Television Network (APTN) as technician/operators; two more working on private productions, which air on Shaw cable; one fellow hired as an ENG (news) camera operator at Global; and several freelancers getting regular work — including contracts with the prestigious Tripwire Media Group. We also have a graduate working to get his union status with the International Alliance of Theatrical Stage Employees (IATSE)."

ABC's well-rounded programs, state-



ACADEMY OF BROADCASTING PHOTO

of-the-art video facilities, and access to industry-standard software give students an advantage in the marketplace. Its instructors offer a thorough education that combines theory with practical experience, plus opportunities for hands-on learning, too. For example, instructor

Paul Reichardt owns his own videography company and takes his students on a variety of shoots.

ABC grads are making significant contributions to the TV, video, and entertainment industries in Winnipeg and beyond. And, of course, the radio training courses

the college is famous for continue to produce successful graduates, working in the fields of their choice.

Summer classes at ABC are now full, but spots are currently available for fall classes, starting Sept. 10. To apply, phone Libby Lei at 204-89-RADIO.

## STUDENT'S SUCCESS IS ROBERTSON'S SUCCESS

With a 90 per cent employment rate for graduates, it's clear that Robertson College knows how to get you a job. In fact, learning how to get a job is part of your education.

Every full-time diploma program at Robertson College includes a five-day employment skills course, during which you will learn how to write a near perfect cover letter and resumé. You will also engage in mock interviews, and learn how to master self-marketing. You will even develop your own personal character profile and inventory of skills. Shortly after the course is finished, you will send your new resumé to a real-world employer, who will interview you for a practicum that completes your training.

That same resumé will later be sent to employers looking to hire you for a full-time job. Robertson College has built more than a century's worth of contacts — so many that these contacts often reach out to the college in search of qualified grads. If you are the right man or woman for the job, the college will forward your resumé and begin the process of finding you a career.

"Our student's success is our success," says Rawle Manoosingh, Robertson Col-



ISTOCKPHOTO/THINKSTOCK

lege's employment services co-ordinator. "Even after you've graduated from one of our programs, we remain a place you can turn to. Should you ever be displaced from your job, you can seek Robertson College's help in finding a new one."

To learn more Robertson College's diploma programs and the employment skills course, visit [robertsoncollege.com](http://robertsoncollege.com), or phone 204-943-5661 to reach a receptionist.

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# Getting hitched? Consider a pre-nup

**What's at stake.** A pre-nup makes sense for Canadians getting married later in life who have accumulated assets and debt



**YOUR MONEY**  
Allison Griffiths  
money@metronews.ca

Two years ago my husband and I purchased property in Florida, taking advantage of depressed prices, the strong loonie and low interest rates.

The day before flying south to close, our lawyer called and told us the deal might be on the rocks.

Turns out the seller's ex (they were married less than three months) refused to sign

## More info

Visit [boomerandecho.com/is-a-pre-nup-really-necessary/](http://boomerandecho.com/is-a-pre-nup-really-necessary/) for more pre-nup information.



If you are marrying later in life, a pre-nup might be a good idea. ISTOCK IMAGES

off on his share of the property. Though the woman had bought it years before they got married, Florida law supported his matrimonial rights to the small farm.

We did end up closing the deal, but had the seller insisted on a pre-nuptial agreement waiving hubby-to-be's

property rights, the problem would have been avoided.

Pre-nups make sense because Canadians are getting hitched much later in life.

In 1972 the average age at first marriage was 22.5 years for women and 24.9 for men, according to Human Resources and Skills Development

Canada. By 2008 first-time brides were 29.1 years old and grooms just over 31.

Those who marry at an older age usually have accumulated significantly more assets and/or debt than those who are younger.

For this group there is a lot at stake, especially when you

consider that 40 per cent of all marriages end in divorce.

If you are marrying later, a pre-nup might be a good idea. Such agreements are fairly common for second and third marriages, but first-timers often feel squeamish talking about money, let alone a pre-nup.

## Do you need a pre-nup?

### Four areas of concern:

- **Business.** If you own one, especially if you have a partner, excluding it from community property could make sense.

- **Inheritance.** Especially if there are children, consider segregating all or a portion.

- **Education.** Frequently one person delays their training or education to support the one who is studying. A pre-nup can even out income post-divorce or pay for the supporting spouse to pursue their studies.

- **Debt.** Nothing could be worse than having to share a soon-to-be-ex's big load of debt. In a pre-nup, you can state which debts are to be shared and which are individual responsibilities.

# The cost of summer fun: Zilch



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca

I spent last Sunday afternoon watching my best friend compete in horse jumping at Spruce Meadows, a world-class equestrian facility just south of Calgary.

The weather was beautiful, the competition lively and the laughter infectious as families and friends picnicked and shared the experience. Amazingly, the cost for those attending was zilch ... zero ... nada! That's my kind of activity.

Check out what's happening in your city by looking online at community websites and newsletters.

Many festivals, sporting events, plays, lakes and outdoor parks are free to attend. Plan picnics, hike, bike and take advantage of recreational passes to pools and other city-run amenities. Host friends and family at a pot-luck barbecue and game night.

If you have a family, enroll your children in free literacy programs at your local library. Having worked at the public library for four years while going to school, I can vouch for these programs, which often include face-painting, arts, crafts, reading,



Plan a picnic or host a potluck or BBQ at a local park. ISTOCK IMAGES

plays, movies and the occasional outdoor excursion.

Use Groupon.com or other coupons to buy discounted family passes to movies, local museums, the zoo and amusement parks.

Rethink your holiday. If flying to London for the Olympics is out of your budget, vacation closer to home.

Keep on the lookout for last-minute deals like Westjet's Blue Tag events or use websites like Hotwire.com. Look through your account statements to see where you've

collected loyalty points. Cash your points in for free flights, car rentals, train tickets and accommodations.

Get your car tuned up and hit the highway to a nearby vacation destination. Target a place outside a major hub where accommodations are less expensive, such as a bed and breakfast or campground.

Better yet, stay with family and friends or swap your house through a website like houseexchange.com or homelink.org.

Alternatively, save your

travel for the off-season and enjoy the summer weather right here at home. You'll benefit from reduced rates on just about every aspect of your travel.

Last April, following Spring Break, my cousin and I went to Maui for \$1,000 per person, which included taxes, flight and hotel. If we'd traveled just one week prior (high season), we would have spent nearly \$3,000 per person for the exact same trip.

FOLLOW LESLEY ON TWITTER  
@LESLEYSCORGIE

# Teaching financial basics to kids has never been easier

Many parents want their children to learn the principles of sound money management so they can make the best financial decisions later on.

But parents don't always have the knowledge they need to guide their children. So parents will be happy to learn that there are tools available to help their kids learn the basics of personal finance.

Financial Basics is an interactive, hands-on workshop developed by the Financial Consumer Agency of Canada (@FCACan), in collaboration with the Investor Education Fund of Ontario and journalist and author Ellen Roseman.

Its objective content is provided at no cost and deals with expenses, credit debt management, saving, investments and fraud prevention.

The workshop covers all key aspects of personal money management.

Designed by subject matter experts, this basic, easy-to-use workshop can also be used by post-secondary educational institutions, community organizations and employers.

Financial Basics includes comprehensive and varied



Financial Basics is an interactive workshop that covers key aspects of money management. ISTOCK IMAGES

workshop materials (for example, participants' handbooks and slides), making the content easy to teach and tailor for different audiences.

Financial Basics workshop materials can be downloaded or ordered at no cost from [paystoknow.gc.ca](http://paystoknow.gc.ca).  
NEWSCANADA



Sports in pictures



1 **MLB.** Reds' Votto out for up to a month

Reds first baseman Joey Votto will have surgery to repair torn cartilage in his left knee, sidelining him for three to four weeks.

The 2010 National League MVP hurt the knee in late June but kept playing. He had a medical exam Monday evening that detected the injury.

THE ASSOCIATED PRESS

2 **CFL.** Als take care of head coach Trestman

Marc Trestman looks to be settling in for a long stay as head coach of the Montreal Alouettes.

Owner Bob Wetenhall announced Monday that Trestman's contract, which was due to expire at the end of this season, has been extended by four years. THE CANADIAN PRESS

3 **NBA.** Heat taking their talents to China

The NBA champion Miami Heat will play two pre-season games against the Los Angeles Clippers in China this fall.

The teams will meet Oct. 11 in Beijing and Oct. 14 in Shanghai.

THE ASSOCIATED PRESS



Winnipeg Blue Bombers quarterback Dustin Doe is helped off the field during a CFL game against the Eskimos in Edmonton on Friday.  
JOHN ULAN/THE CANADIAN PRESS

# Winless Bombers in a world of hurt

**CFL.** More than a dozen players on the team's injury list, including Buck Pierce

Perhaps the Winnipeg Blue Bombers should replace the blue "W" on their helmets with a big red cross.

The hurting continues for the 0-3 Blue Bombers, who are now without quarterback Buck Pierce due to a foot injury. Backup Alex Brink is taking his place Wednesday in Toronto.

Thanks to injuries, the Bombers will play the Argos

(1-2) minus right tackle Andre Douglas, slotback Cory Watson, linebackers Marcellus Bowman and Brandon Stewart, and defensive back Alex Suber.

In all, there were more than a dozen players on Winnipeg's combined injury list Monday and the Bombers still couldn't say exactly how long they'll be without Pierce's services.

But at practice Monday, there was at least one ray of sunshine piercing the gloomy grey skies above Canad Inns Stadium. Bomber coach Paul LaPolice is finally getting promising running back Chad Simpson into the lineup. He'll

That hurts, too

7

The number of turnovers the Blue Bombers committed last Friday in a 42-10 loss to the Eskimos. "Just because you're out there doesn't mean you're performing at a high level," said LaPolice.

replace Bloi-Dei Dorzon, who was third on the depth chart before pre-season injuries removed both Simpson and the No. 1 tailback, Chris Garrett.

Dorzon has 108 yards on 24 carries, as well as five receiving yards. LaPolice says Simpson has more ability as

a receiver coming out of the backfield.

"Certainly he's one of the most prepared pros we have, he said. "He's as smart a running back as I've seen in the last couple of years so I think he'll do a good job picking up things."

Simpson missed the first three games of the season due to a leg injury and says he's anxious to get on the field.

Not that he suggests he could have turned around the three Winnipeg losses.

"I really can't say what would have went differently but I know that some things should be different this game," he said. THE CANADIAN PRESS

## NHL. After 'long process' Green remains a Capital



Mike Green re-signed with the Capitals on Monday. GETTY IMAGES/FLE

The Washington Capitals didn't wait long to make Mike Green a better offer.

The Capitals signed the defenceman to a \$18.25-million US, three-year contract on Monday. The move comes a day after Green rejected a \$5-million, one-year qualifying offer from Washington and became a restricted free agent.

Green will earn \$6 million in 2012-13 and 2013-14 and \$6.25 million in 2014-15 after playing just 81 games over the last two injury-plagued seasons.

"It's been a long process," Green said in a conference

Quoted

"It was unfortunate the last couple of years that I've suffered through some injuries, but I believe that I'm over them. I think I've got them all out of my system."

Mike Green

call. "Negotiations started early in the year then obviously with the setback of the injury we were going to wait. And then wait after the

playoffs, then after the draft, then after free agency, so it's been pushed back."

The 26-year-old Calgary native has seen his production drop over the last two limited seasons. He played just 32 games in 2011-12 due to a groin injury and had three goals and four assists.

The Capitals are gambling Green can get healthy and return to his previous form, which saw him break the 70-point plateau in the 2008-09 and 2009-10 seasons. He has reached double digits in goals three times, including a 31-goal season in 2008-09.

THE CANADIAN PRESS

4

## SPORTS

Quoted

"It's exciting to come back to a ballpark I've known as home for a long time. It's exciting to face some of my teammates that I've only faced in live (batting practice)."

Chicago third baseman Kevin Youkilis on Monday, upon returning to Boston for the first time since being traded by the Red Sox to the White Sox on June 24. He didn't want to talk about his relationship with Boston manager Bobby Valentine. In April, Valentine questioned Youkilis's commitment in his weekly television interview and then apologized to him a day later.

"I don't understand why this is a big rift. I'm just here to play baseball and things will happen. There's no Bobby V. versus Kevin Youkilis or vice-versa. It's the Chicago White Sox against the Boston Red Sox and just playing baseball."

Kevin Youkilis

Mobile sports



A few months ago, Jeremy Lin was the hottest sports story in North America after arriving out of nowhere to give an injury-ravaged New York Knicks club a huge mid-season boost. Now the Knicks must choose between putting up big bucks to re-sign the popular point guard or watch him leave for Houston. Scan the code for the story.



# Van Beilen riding wave of momentum to London

**Swimming.** Ontario teen believing in her ability after strong showing at Olympic trials in Montreal

When Tera Van Beilen was nine years old, she did what most nine-year-olds do when left to their own devices.

Nothing. Oakville's Van Beilen was a hyperactive, sporadically sporty kid, but her parents thought she could use some athletic direction.

"I was sort of going through a chubby phase," Van Beilen says, chin tucked in to her chest and smiling shyly.

They took Tera to a local club for swimming lessons, half-hoping she'd like it. She was the family's most enthusiastic user of the backyard pool.

This wasn't a Eureka moment. Tera liked swimming enough to make it a regular thing.

But through grade school it remained a hobby and a physical outlet, rather than an obsession.

Today, Van Beilen, a distinctly un-chubby 18-year-old, is headed to the London Olympics, a surprise medal contender in the 100-metre and 200-metre breaststroke.

Genetics must have something to do with this. Her uncle, Wayne Van Dorp, played for the Blackhawks and the Penguins. Her cousin, Joel Reinders, is an offensive tackle with the New York Giants.

"He's the one protecting Eli Manning. Or is it Peyton Manning? I'm not sure. One of the Mannings," Van Beilen said.

Like her gargantuan cousin, Van Beilen's progression is proof to parents everywhere

## Time of her life

At the Olympic trials in Montreal in March, Van Beilen qualified for the 100-metre, placing second, a mild surprise.

- But in the 200-metre final, she pushed third-place finisher and current world record holder Annamay Pierse off Canada's Olympic team. Her time of 2:24:03 was, at that point, the second-fastest time in the world this year.

that a child can master a sport without sacrificing every other thing it means to be a child.

"They let me have swimming and still have school. I had both worlds," Van Beilen says.

Right into high school, Van Beilen played other sports. It wasn't until age 15 that she made swimming her focus.

A great many athletic stories — both amateur and pro — start precociously early and are filled with nothing from then on but practice and competition. In an extreme example, 10-year-old Alexander Ovechkin played in a hockey tournament the day after his brother died.

Van Beilen went to a regular school — Oakville's Kings Christian Collegiate — rather than a sporting academy. On Friday nights, she watched Say Yes to the Dress with her mom. She went out with friends on Saturdays. She attended the birthday of all typical teens — the prom.

Even after swimming became her job, she treated it like one — a Monday-to-Friday thing. However, it was an exhausting Monday-to-Friday thing.

She was cut a few breaks at school. Teachers would oc-



Tera Van Beilen, seen here at her family home in Oakville, Ont., will swim the 100- and 200-metre breaststroke events in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

casionally let her go out to her car and sleep through a class. Her mother, Sharon, an administrator at the school, set

up a quiet room for Van Beilen to nap through her spares.

She graduated last year.

TORSTAR NEWS SERVICE

## Expectations tempered for Canadian track-and-field

The Canadian Olympic Committee has set a goal of finishing among the top 12 countries in the overall medal standings at this summer's London Games. Here's a look at the Canadian track-and-field team's medal potential.

### Past results

Priscilla Lopes-Schliep won bronze in the 100-metre hurdles for the country's lone medal in Beijing and Canada's first in Olympic track-and-field since the 1996 Atlanta Games. The Whitby, Ont., hurdler would have been one of Canada's top hopes in London, but in a stunning upset at the Olympic trials, she stumbled on a hurdle and didn't make the team.



Athletics Canada head coach Alex Gardiner says the team is still gunning for two to three medals, but the absence of Lopes-Schliep makes one medal more realistic.

### Dylan Armstrong, Kamloops, B.C.

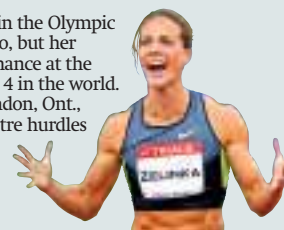
He's been on the rise since missing a shot-put medal by less than a centimetre at the Beijing Games. The 31-year-old from Kamloops, B.C., was ranked No. 1 in the world last season, and captured silver at the world championships.



### Jessica Zelinka, London, Ont.

Jessica Zelinka was fifth in the Olympic heptathlon four years ago, but her Canadian-record performance at the trials has her ranked No. 4 in the world. The 30-year-old from London, Ont., will also race the 100-metre hurdles and is Canada's fastest entry in a race in which anything can happen.

THE CANADIAN PRESS



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## Horoscopes

### ♈ Aries

**March 21 - April 20**

Mars in your opposite sign of Libra will make partners and work colleagues more assertive today but that's OK as you know both how to give it and take it. Stand up to them if you want their respect.

### ♉ Taurus

**April 21 - May 21**

Don't waste time on trivial matters. You have plenty of energy at your disposal but that does not mean you should waste it. The more you focus on essentials today, the more you will benefit — financially and emotionally.

### ♊ Gemini

**May 22 - June 20**

Try not to worry about recent disappointment. Even if they set you back in your plans, you will more than make up for them over the next four or five weeks. Your motto must be: Know what you must and believe you can get it.

### ♋ Cancer

**June 21 - July 22**

What seems wrong with your world at the moment is no big deal. Remind yourself occasionally that most of the things you get uptight about are of no real significance. Look at your life from a higher perspective.

### ♌ Leo

**July 23 - Aug. 22**

Invitations of one kind or another will come thick and fast over the next few days. If you don't seem to have time to enjoy yourself, it can only be because you are working too hard. Cut back on your commitments.

### ♍ Virgo

**Aug. 23 - Sept. 22**

The most important thing now is that you keep the momentum you have built up going. Follow through on what you have started and don't allow yourself to be distracted by petty people and meaningless events.

### ♎ Libra

**Sept. 23 - Oct. 22**

Mars in your sign, allied to Jupiter today, gives you the self-belief you need not only to start new projects but to follow through on them in the face of opposition from rivals and doubters. You can make them work.

### ♏ Scorpio

**Oct. 23 - Nov. 21**

There seems to be a lot of noisy people in your neighbourhood at the moment. But are they really more loud and annoying than usual or are you in one of your sensitive moods? Probably the latter, so stay calm.

### ♐ Sagittarius

**Nov. 22 - Dec. 21**

Mars in the friendship area of your chart makes this the ideal time to get involved in causes and movements that are close to your heart. Do more than just sign your name to the latest petition then forget about it.

### ♑ Capricorn

**Oct. 23 - Nov. 21**

Cosmic activity in the career area of your chart will give you a much-needed boost. Be assertive, be ambitious and be determined to succeed, even if you have failed a dozen times before. You'll get it right this time.

### ♒ Aquarius

**Jan. 21 - Feb. 18**

You will stop at nothing to get the thrills and excitement you crave, even if you have to travel far away from home to get them. Today's Mars-Jupiter link makes you adventurous in the extreme. Watch out world.

### ♓ Pisces

**Feb. 19 - March 20**

The more other people promise you today, the more likely it is they will let you down or, worse, try to use you for their own ends. Do nothing unless you know for certain it won't cost you any money.

SALLY BROMPTON

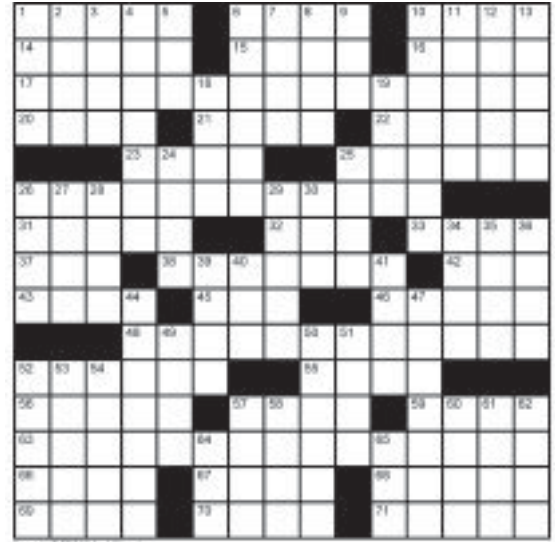
## Crossword: The Canadian Experience

### Across

1. See 52-Across
6. See 37-Across
10. Nanaimo \_\_\_\_: distinctive Can. treat
14. Throw for \_\_\_\_: surprise
15. Toss \_\_\_\_: roll one
16. Early Roman emperor who served only 3 months
17. Get high on Canada from here
20. *Clan of the Cave Bear* author Jean
21. Odo reset setting
22. Find \_\_\_\_ for: pair with
23. Big name in corn syrup
25. Forewarns
26. While Canada is stereotypically known for cold winter, this is a better representative
31. Nativity
32. Beluga output
33. Canada's largest telecommunications company
37. With 6-Across, popular Canadian sweet dessert spirit
38. Homo follower
42. Center or cycle prefix
43. Nintendo rival
45. CNR's passenger subsidiary that became a separate Crown corporation in 1978
46. Surpluses
48. Popular dish known in PQ as Pâté Chinois
52. With 1-Across, sugary pastry confection
55. Biblical Rachel's sister
56. Avant-garde novelist Nin

### Down

57. Bland
59. Beginning with
63. World's largest outdoor show
66. Edmonton Symph., e.g.
67. \_\_\_\_noire: frightful thing
68. Louis Riel's people
69. GPS part
70. "Rats!"
71. Court order
1. "Toodle-oo"
2. Jesus on the field
3. Cowboys at 63-Across often hold this
4. Trunk item
5. Tanning letters
6. Cries at 63-Across
7. Gram or graph preceder
8. Featured singer on Velvet Underground's debut album
9. After dusk, poetically
10. Gen-Xers' parents
11. Engaged in a battle
12. "Frankly, my dear..." utterer
13. Hurting spots
18. Ripped
19. It might be tall
24. What dentists hear a lot of
25. Final word
26. Bird associated with the Nile River
27. Cannes neighbor
28. Small amount of residue
29. With 34-Down, unctuous *David Copperfield* character



30. A Stoooge
34. See 29-Down
35. All Fools' Day: abbr.
36. Like an owl, proverbially
39. State
40. Archie Bunker's "name" for Edith
41. Canadians call it pop
44. \_\_\_\_ a drum: comparably tense
47. Like flights of Canada geese

49. "\_\_\_\_ Rebel": #1 tune of 1962
50. Exuberant
51. C&W's McEntire
52. Flavored soy bits introduced in 1966 by General Mills
53. Acting on a single number, mathematically
54. After-shower powders
57. One changing colors
58. Alphabetic quartet
60. Org. probing for outer-space life
61. Like Keats' poetry
62. Big celebration
64. BMO competitor
65. Fr. lady

## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's Sudoku

4	9	8	6	1	2	7	3	5
6	7	1	4	3	5	9	2	8
3	2	5	9	7	8	4	6	1
9	3	2	6	8	1	5	4	7
5	1	7	2	4	3	8	9	6
8	6	4	5	9	7	2	1	3
2	5	3	1	8	4	6	7	9
7	8	6	3	2	9	1	5	4
1	4	9	7	5	6	3	8	2

		5				9		
		2	1		5	8		
6				8				2
	1	4	6		8	7	3	
	3	9	7		2	6	8	
7				1				9
		1	4		7	5		
	6					4		

## Weather

### TODAY



MAX: 26°  
MIN: 16°

### WEDNESDAY

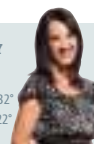


MAX: 28°  
MIN: 16°

### THURSDAY



MAX: 32°  
MIN: 22°



JENNA KHAN  
WEATHER SPECIALIST

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## Yesterday's Crossword



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- **MetroTube.** We scour the Internet to bring you the best videos out there, at [metronews.ca](http://metronews.ca).

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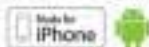


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